



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09094, Figs, dried, uncooked ^a

Report Date: June 30, 2017 05:14 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	30.05	8	0.422	28.16	32.18	6.0	29.006	31.089	2	Analytical or derived from analytical	--	12/2002
Energy	kcal	249	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	1041	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein ^{1 2}	g	3.30	8	0.100	2.42	4.22	5.0	3.046	3.552	2	Analytical or derived from analytical	--	12/2002
Total lipid (fat) ^{1 2}	g	0.93	8	0.029	0.59	1.3	5.0	0.85	1.001	2	Analytical or derived from analytical	--	12/2002
Ash ^{1 2}	g	1.86	8	0.026	1.6	2.07	4.0	1.785	1.929	2	Analytical or derived from analytical	--	12/2002
Carbohydrate, by difference	g	63.87	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fiber, total dietary ^{1 2}	g	9.8	8	0.265	7.8	10.8	3.0	8.97	10.599	2	Analytical or derived from analytical	--	12/2002
Sugars, total ^{1 2}	g	47.92	8	0.375	46.12	49.29	5.0	46.926	48.922	2	Analytical or derived from analytical	--	12/2002

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Sucrose 1 2	g	0.07	8	0.000	0.07	0.07	--	--	--	2	Analytical or derived from analytical	--	12/2002
Glucose (dextrose) 1 2	g	24.79	8	0.315	23.71	25.92	6.0	24.013	25.558	2	Analytical or derived from analytical	--	12/2002
Fructose 1 2	g	22.93	8	0.215	22.06	23.6	5.0	22.392	23.477	2	Analytical or derived from analytical	--	12/2002
Lactose 1 2	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Maltose 1 2	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Galactose 1 2	g	0.13	8	0.057	0	0.57	3.0	-0.051	0.309	2	Analytical or derived from analytical	--	12/2002
Starch 1	g	5.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Minerals													
Calcium, Ca 1 2	mg	162	8	1.910	153	169	5.0	157.423	167.452	2	Analytical or derived from analytical	--	12/2002
Iron, Fe 1 2	mg	2.03	8	0.124	1.7	2.78	4.0	1.677	2.38	2	Analytical or derived from analytical	--	12/2002
Magnesium, Mg 1 2	mg	68	8	0.499	63	73	5.0	66.39	68.91	2	Analytical or derived from analytical	--	12/2002

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Phosphorus, P 1 2	mg	67	8	1.048	62	70	5.0	64.556	70.094	2	Analytical or derived from analytical	--	12/2002
Potassium, K 1 2	mg	680	8	12.386	581	773	6.0	650.049	710.701	2	Analytical or derived from analytical	--	12/2002
Sodium, Na 1 2	mg	10	8	0.649	7	14	6.0	8.605	11.784	2	Analytical or derived from analytical	--	12/2002
Zinc, Zn 1 2	mg	0.55	8	0.040	0.44	0.8	3.0	0.431	0.678	2	Analytical or derived from analytical	--	12/2002
Copper, Cu 1 2	mg	0.287	8	0.010	0.24	0.32	5.0	0.262	0.312	2	Analytical or derived from analytical	--	12/2002
Manganese, Mn 1 2	mg	0.510	8	0.035	0.37	0.7	5.0	0.419	0.6	2	Analytical or derived from analytical	--	12/2002
Selenium, Se 1	µg	0.6	4	0.108	0.4	0.9	3.0	0.222	0.908	1	Analytical or derived from analytical	--	12/2002
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	1.2	8	0.402	0.2	3	3.0	-0.127	2.431	2	Analytical or derived from analytical	--	12/2002
Thiamin 1 2	mg	0.085	8	0.006	0.05	0.12	5.0	0.069	0.1	2	Analytical or derived from analytical	--	12/2002
Riboflavin 1 2	mg	0.082	8	0.004	0.05	0.11	5.0	0.073	0.092	2	Analytical or derived from analytical	--	12/2002

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Niacin 1 2	mg	0.619	8	0.022	0.53	0.71	4.0	0.561	0.676	2	Analytical or derived from analytical	--	12/2002
Pantothenic acid 1 2	mg	0.434	8	0.022	0.35	0.53	6.0	0.38	0.488	2	Analytical or derived from analytical	--	12/2002
Vitamin B-6 1 2	mg	0.106	8	0.009	0.07	0.18	3.0	0.079	0.132	2	Analytical or derived from analytical	--	12/2002
Folate, total 1 2	μg	9	8	0.730	4	12	4.0	7.385	11.408	2	Analytical or derived from analytical	--	12/2002
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	9	8	0.730	4	12	4.0	7.385	11.408	2	Analytical or derived from analytical	--	04/2006
Folate, DFE	μg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Choline, total 1 2	mg	15.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Betaine 1 2	mg	0.7	2	--	0.7	0.8	--	--	--	2	Analytical or derived from analytical	--	04/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE 1 2	μg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2	µg	6	8	0.000	6	6	--	--	--	2	Analytical or derived from analytical	--	12/2002
Carotene, alpha 1 2	µg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Cryptoxanthin, beta 1 2	µg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Vitamin A, IU 1 2	IU	10	8	0.000	10	10	--	--	--	2	Analytical or derived from analytical	--	12/2002
Lycopene 1 2	µg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Lutein + zeaxanthin 1 2	µg	32	8	3.148	23	50	4.0	22.331	40.919	2	Analytical or derived from analytical	--	12/2002
Vitamin E (alpha-tocopherol) 1	mg	0.35	4	0.041	0.27	0.46	3.0	0.226	0.484	1	Analytical or derived from analytical	--	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1	mg	0.01	4	0.004	0	0.01	3.0	-0.001	0.023	1	Analytical or derived from analytical	--	12/2002
Tocopherol, gamma 1	mg	0.37	4	0.118	0.16	0.64	3.0	-0.008	0.743	1	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta ¹	mg	0.01	4	0.004	0	0.01	3.0	-0.006	0.021	1	Analytical or derived from analytical	--	12/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ^{1 2}	µg	15.6	8	0.393	11.4	20	6.0	14.641	16.567	2	Analytical or derived from analytical	--	12/2002
Lipids													
Fatty acids, total saturated	g	0.144	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
14:0	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	0.159	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated	g	0.158	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	0.345	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:2 undifferentiated	g	0.345	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan 1 2	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Threonine 1 2	g	0.085	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Isoleucine 1 2	g	0.089	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Leucine 1 2	g	0.128	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine 1 2	g	0.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Methionine 1 2	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Cystine 1 2	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Phenylalanine 1 2	g	0.076	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Tyrosine 1 2	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Valine 1 2	g	0.122	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Arginine 1 2	g	0.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Histidine 1 2	g	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Alanine 1 2	g	0.134	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Aspartic acid 1 2	g	0.645	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid ^{1 2}	g	0.295	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Glycine ^{1 2}	g	0.108	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Proline ^{1 2}	g	0.610	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Serine ^{1 2}	g	0.128	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Flavonoids													
Isoflavones													
Daidzein ³	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ³	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ³	mg	0.01	--	--	0.01	0.01	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5c, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5m, 2001 Beltsville MD

³Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. Daidzein and genistein content of fruits and nuts., 2000 J. Nutr. Biochem. 11 pp.326-331

Footnotes

^a Mission variety